

**Activities and support in  
North Warwickshire for  
people with dementia  
and their carers**



# Dementia Cafes for people living with Dementia

## Atherstone

### Alzheimer's Society Dementia Café

Our café provides a supportive environment where you can share your experiences or simply chat with others in similar situations.

Location: Atherstone Library and Information Centre, Long Street, Atherstone, CV9 1AX

Time: 2nd Friday of the month 1pm -3pm

For more information contact the Warwickshire office on 01926 888899

## White Hart Memory Café

### Memory Café

Our café provides a supportive place for people living with dementia and their carers to access help and support and take part in a range of tailored activities. Refreshments and lunch available.

Time: Every Wednesday 11am—1pm

### Meet and Eat

A two course lunch with entertainment and transport provided. Collection from 11am—2pm charge of £8.00

3rd Thursday of the month

Location: White Hart Tea Room, North Warwickshire Volunteer Centre, Long street, Atherstone,

For more information call 01827 717073

## Arley

### Arley Memory Café

A café for both families and persons living with Dementia, a safe and welcoming environment to share experiences, a range of activities are also available.

Location: Arley and St Michaels Community Centre, Gun Hill, CV7 8HA

Time: 1st and 3rd Wednesday of the month 2-4pm

For more information contact Michelle Cooke on 02476 385888

## Coleshill and Water Orton

### Memory café

A café to support both people living with dementia and their carers. Activities and lunch are provided

Location: Water Orton Church

Time: 1st Friday of the month  
1.30pm —4pm

Cost £3.50 per person

For more information contact Coleshill Town council on 01676 463 326

# Dementia Services

## Alzheimer's Society

### Dementia Friends

The Alzheimer's Society Dementia Friends programme is the UK's biggest ever initiative to change people's perceptions of dementia.

Whether you attend a face to face information session or watch the online video, Dementia Friends is about learning more about dementia and taking action. From telling friends about Dementia Friends, to visiting someone you know living with dementia, every action counts. To find out more please visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

### Dementia Navigator Service

The Dementia Navigators are here to provide you with information, guidance and support to help you live well, whether you have dementia or are caring for someone with dementia. We can offer information and guidance including information about diagnosis, all aspects of living with dementia, legal rights, welfare benefits, signposting or referral on to national and local Alzheimer's Society services or external organisations, practical support to help you cope with the day to day challenges of living with dementia and emotional support to help you work through any difficult feelings about your circumstances.

You can be referred to our service by health or social care professionals but you are also able to refer yourself. Just give us a call on 01926 888899 or email [southwarks@alzheimers.org.uk](mailto:southwarks@alzheimers.org.uk).

### Side by Side

This is a new national project that we are hoping to pilot in North Warwickshire, Nuneaton and Bedworth. It is aimed at the hard to reach ex mining and agricultural communities. The service is free and the Society will cover volunteer expenses. The Side by Side project is designed to combat social isolation and enable people with dementia to access leisure activities and be visible in dementia friendly communities.

For more information please contact Helen Mansbridge on 01217007361 or 07484 075830 or email- [helen.mansbridge@alzheimers.org.uk](mailto:helen.mansbridge@alzheimers.org.uk)

## Guideposts carer support service

Guideposts is here to support carers, enabling them to access the support and services that are available. It is a free, confidential service which includes providing information on services and practical help for you, offering one to one confidential and emotional support during difficult times, providing an emergency card for you to carry to give you peace of mind, publishing a newsletter to keep you informed, providing drop in information points throughout Warwickshire, providing support with completing forms e.g. carers allowance, Personal Independence Payment, Attendance Allowance, Blue Badge.

For more information please visit their website [www.guideposts.org.uk](http://www.guideposts.org.uk) or telephone 024 76 38 5888

# Dementia Services

## Home Instead

Home Instead provides domiciliary support services to those that need support to stay independent at home. We tailor these services to an individual's specific needs which can include companionship, home help, respite or personal care. We specialise in supporting people living at home with dementia by forming relationships with our highly trained staff who are consistent visitors. Our relationships with community groups are to provide our clients with information and resources which will provide mental stimulation as well as benefitting them socially and physically.

We are a member of the Dementia Action Alliance and have a dedicated Dementia champion who provides educational talks on living with dementia. Home Instead are also working closely with Action Fraud and the charity, Think Jessica, to provide awareness to older adults about the occurrence of scams and preventing them from becoming a victim. For more information please contact, Karen Wilkinson on 01675 464600 or 01827431002

## Assistive Technology

Pieces of equipment and technology, designed to support people with dementia to stay as independent as possible, e.g. memo minders or special clocks. Assistive Technology in Warwickshire is provided through Millbrook Healthcare. More information can be found on the Warwickshire Directory <https://directory.warwickshire.gov.uk/> or by contacting Warwickshire County Council Customer Contact Centre on 01926 410410.

## Age UK

### Dementia day opportunities

The service aims to assist independent living in the community for as long as possible and provides opportunities to:

Help in keeping memory at optimum levels  
Socialise with others in similar circumstances

Join in group activities and have fun

Who Qualifies?

Anyone with a diagnosis of dementia

Able to participate in activities and interact with fellow group members

Living in North Warwickshire, Nuneaton & Bedworth and Rugby Boroughs

What Does it Cost?

£36 inclusive of lunch and refreshments. This reduces to £10 for those financially assisted by Warwickshire County Council.

Monday and Wednesday 9am to 3pm Penmire Close, Watling Street, Grendon, CV9 2PU

For more information

Telephone: 07967 315294

Email: [Care.Admin@ageukwarwicks.org.uk](mailto:Care.Admin@ageukwarwicks.org.uk)

Website: [www.ageukwarwickshire.org.uk](http://www.ageukwarwickshire.org.uk)

## The Phoenix Group

The Phoenix group LTD is a registered Charity dedicated to the provision of respite and fellowship for those living with of any form of dementia, and importantly, their carers. This is done in a non clinical friendly atmosphere on a weekly basis.

Time and Date: Tuesday 11am—3pm

Location: Wood End working mans club, 57 Tamworth Street, Wood End, CV9 2QH.

For more information visit

[www.phoenixforyou.org.uk](http://www.phoenixforyou.org.uk)

or call 01676 541635

# Dementia Services

## Warwickshire Special Care Dental Unit

### Looking After Your Mouth

Good oral health is very important for a person's health and wellbeing. It is really important for someone suffering with dementia to establish and maintain a good daily dental care routine and attend a dentist for regular dental check up. Maintaining good oral health brings benefits for the individual in terms of their self-esteem, dignity, social integration and importantly eating and drinking.

Your usual family dentist will be your first port of call for care, advice and support. Anyone not yet registered with a dentist can find the General Dental Practices in their area by calling 111 the NHS free helpline.

The Warwickshire Special Care Dental Service provides dental care for people of any age who have additional needs that make it difficult for them to access a family dentist. There is a specific referral mechanism in place for health professionals in Warwickshire to refer suitable clients. To find out more about the referral criteria and process please visit <http://www.geh.nhs.uk/directory-of-services/specialties-and-services/special-care-dental-service/>

## Leisure Activities

### Atherstone Leisure Centre

Atherstone leisure complex has recently undergone some improvements within the centre to make the environment more dementia friendly such as; new flooring in the reception area, less clutter on the walls, better signage and new automatic exit doors.

For more information contact them on 01827 719321 or visit the website [www.northwarks.gov.uk/info/20009/leisure](http://www.northwarks.gov.uk/info/20009/leisure)

### Fitter Futures

Fitter Futures is a 12 week physical activity programmes for young people aged 12-16 and adults aged 16+

You can get referred for:

Mental health condition

Respiratory or Muscular-skeletal condition

Overweight/obese

Dementia

Osteo/rheumatoid arthritis/osteoporosis

Hypertension

For more information visit

[www.fitterfutureswarwickshire.co.uk](http://www.fitterfutureswarwickshire.co.uk) or call 02476 400594

### Escape Arts

#### Who am I

A free 4 week creative arts project designed to inspire conversations and capture memories all about you for carers, friends and family .

For more information contact Corinne on 07792 053757

### Cherish Dementia Holiday Trust

Cherish was founded 10 years ago to provide assisted holidays for people with dementia and their carers. Since then it has also provided day trips and have monthly lunch meetings. These activities offer the opportunity to meet with others in similar situations and enjoy the company whilst benefiting from the undivided attention from their carers. Carers are also able to discuss problems and share experiences, often friendships are made and telephone numbers exchanged, providing a support network. We publish newsletters several times a year which gives full details of our activities. To receive these we have a membership which is free.

Details can be obtained from our website [www.cherisheddementiaholidaytrust.co.uk](http://www.cherisheddementiaholidaytrust.co.uk) or by ringing Janet Wright on 01827 768569

### Baddesley Carer support Group

Relaxation and stress relief techniques based on eastern Tai Chi techniques. With time afterwards to have a drink and chat and share experiences. A safe, relaxed and confidential place to de-stress and offload with people that understand the strains of caring without judgement.

For more info contact Tracy

[tracy@tracyridler.co.uk](mailto:tracy@tracyridler.co.uk) or call 07725 211122

Time and Date: Bi weekly on Tuesday

7pm—8:30pm Feb 7th and 21st

Location: Baddesley Village Hall, Keys Hill, Baddesley, CV9 2DF

# Leisure Activities

## Warwickshire Libraries

The library service is free to join. Computers are free to use if you are a member of the library. Books are free to borrow. Carers can have a supported ticket, allowing them to borrow talking books, DVD's and music CD's free of charge with no overdue charges or reservation charges. A home library service is also available to deliver books to individual library users. Books are available to support those living with dementia and their families through the Books on Prescription service. There are reminiscence books available to share on holidays, jobs, shopping and much more. Come in to your local library to find out more.

Council run libraries in North Warwickshire are in the following locations Atherstone, Coleshill and Polesworth.

Community Managed Libraries are located in Baddesley, Dordon, Hartshill and Water Orton. Books and other items can be requested and collected from Community Managed Libraries but opening hours and services at community run libraries may differ to those offered by libraries managed by the council. Reading Well Books on Prescription Dementia collections and reminiscence collection titles (Pictures to Share) are only located at council run libraries.

or more information visit:

[www.warwickshire.gov.uk/Libraries](http://www.warwickshire.gov.uk/Libraries)

## Coleshill Church

### Place of welcome

A dementia friendly coffee and chat open to all.

Time: Wednesdays 11am—12:30pm

Venue: Coleshill Parish Church Church Hill, Coleshill, Birmingham B46 3AD

## Hubs/Information points

The North Warwickshire hubs and information points offer a variety of services which include access to free Internet and laptop use, signposting and support services including help with forms and benefits and much more. Most hubs have a community café and various other leisure activities on offer. For more information about specific activities on offer in your local hub visit [www.northwarks.gov.uk/hubs](http://www.northwarks.gov.uk/hubs) Alternatively please call 01827 715341

### Arley.

Tue, Wed, Fri 9.00am – 12.00pm

### Baddesley.

Mon 2.00pm – 5.00pm. Tue 3.00pm – 5.00pm Wed 10.00am – 5.00pm with café open 12.00pm – 5.00pm.

### Coleshill.

Mon, Tue, Wed and Fri 10.00am – 1.00pm.

### Hartshill.

Tue 10.00am – 2.00pm Wed 2.00p – 4.00pm

### Dordon.

Thurs 10.00am – 1.00pm.

### St Mary's

Tue 10.00am – 12.00pm and Fri 10.00am – 2.00pm

Birchmoor Tue 10.00am—12.00pm

## Dementia Activity

Maintaining cognitive skills in a person with dementia is important. It can help someone with such symptoms of dementia. Dementia Activity resources is developing products which can be used by a person from any community. Meaningful activities you might like to try include doodling, making beeswax candles or a photo frame fun but not too complicated.

For more information contact Taruna Chauhan on 02475 119580 or look at the website [www.dementiaactivity.com](http://www.dementiaactivity.com)

***Leaflet Produced By Warwickshire County Council  
Localities team***

***Email [Northernareateam@warwickshire.gov.uk](mailto:Northernareateam@warwickshire.gov.uk)  
or phone 01926 737767***

***Working in Partnership with Dementia Navigators  
[Southwarks@alzheimers.org.uk](mailto:Southwarks@alzheimers.org.uk)***

***Information correct as of 11th May 2017***

***For the latest information visit  
[www.warwickshire.gov.uk/dementia](http://www.warwickshire.gov.uk/dementia)  
[www.alzheimerssociety.org.uk](http://www.alzheimerssociety.org.uk)***